https://www.kwonschampionschool.com/martial-arts-programs/martial-arts-adults

Kwon's Champion School offers a comprehensive adult martial arts program centered on "combination martial arts." This approach blends top techniques from styles like Tae Kwon Do, Karate, Kung Fu, Judo, Hap Ki Do, Kickboxing, Jiu Jitsu, and weapons training to create well-rounded skills for self-defense and fitness.[1]

Program Focus

The curriculum emphasizes practical, scientific synthesis of multiple arts, suiting all ages, genders, and fitness levels with step-by-step progression. It boosts strength, muscle tone, flexibility, cardio health, and mental centering for overall vitality.[1]

Health Benefits

Training enhances full-body motion, speed, and energy flow, promoting long-term functionality and enjoyment of life. Reviews highlight gains in discipline, confidence, and family-like support from instructors like Master Eric Kwon.[2][1]

Locations and Feedback

Primarily based in Virginia (Gainesville, Centreville, Front Royal), with ties to New York, Pennsylvania, and South Korea. Parents and students praise the professional staff, unique weapons training, and positive atmosphere.[3][4]

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What are Hwardo techniques and forms

Hwardo (also spelled Hwar Do) is a proprietary "combination martial art" developed by Grandmaster H.Y. Kwon of Kwon's Champion School. It integrates select techniques from

Tae Kwon Do, Hapkido, Kickboxing, Karate, Kung Fu, Judo, and weapons training for comprehensive self-defense and conditioning.[11][12]

Core Techniques

Hwardo emphasizes powerful, practical moves including high kicks, punches, joint locks, throws, and grappling from multiple styles. Practitioners train dynamic combinations for striking, ground control, and weapon defenses, often demonstrated in videos showing breaking techniques and metal bag impacts.[11]

Forms and Training

Forms (hyung or poomsae equivalents) progress through belt levels, incorporating open-hand patterns, staff (Jang Bong), nunchaku (Ssang Jeol Bong), and sword (Jang Gum) work. White belt testing features basic Hwardo forms blending linear power with circular flow, alongside sparring and acrobatics.[13][11]

Philosophy and Benefits

Rooted in building strong mind and body, Hwardo promotes discipline, balance, and energy via full-contact drills and mental focus exercises like nail-balancing or pin resistance. It's taught publicly through Kwon's schools, with instructional DVDs available.[12][14]

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